Information for Men Diagnosed with Testicular Cancer

Bristol Haematology and Oncology Centre
Bristol Testicular Cancer Service
**Introduction**

This leaflet provides you with information and guidance following a diagnosis of testicular cancer. It is centred on the care and treatment you will receive from the Avon Somerset and Wiltshire Network Testicular Cancer Service Team.

This information cannot cover every question you may have, and so should you have any further questions or queries please use the contact numbers given at the end of the leaflet.

**Testicular Cancer**

- Testicular Cancer is the commonest form of cancer in younger men but remains relatively rare. The care and treatment of men with Testicular Cancer is provided by a Specialist Centre (Bristol). Testicular Cancer is highly curable with the appropriate treatment and follow-up, even when the cancer has spread to other organs of the body.

**There are two main types of Testicular Cancer (sometimes called germ cell):**

**Teratoma**
Most common in the age group 15 - 35 year olds.

**Seminoma**
Most common in the age group 25 - 55 year olds.

- When you are diagnosed with Testicular Cancer your local specialist will refer you to the Bristol Testicular Cancer Service.

**What is the Bristol Testicular Cancer Service (BTCS) Team?**

The BTCS are a group of specialists who treat and care for men with Testicular Cancer. Every Friday morning in Bristol the BTCS team meet and assess the treatment options for men recently diagnosed with Testicular Cancer. The team will assess:

- Histological details of the type of tumour (what the tumour looks like under the microscope)

- CT Scan (x-ray pictures of the chest, abdomen and pelvis)

- Blood tests called Tumour Markers (substances in the blood which can indicate growth of testicular cancer cells).

This is sometimes called Staging. This information may take time to become available and your out-patient appointment may not take place immediately.

Once all the information has been looked at, a decision will be made about the best treatment options available to you. These will be discussed with you at an out-patient clinic appointment. Treatment may include surveillance (regular hospital appointments), chemotherapy, radiotherapy or surgery.

If you have any concerns please contact: 
Sue Brand
The team consists of:

- Consultant Medical Oncologists
- Consultant Clinical Oncologist
- Germ Cell Clinical Nurse Specialist
- NTCS MDT Co-ordinator
- Consultant Histopathologists
- Consultant Radiologists
- Urology Surgeon
- Urology Clinical Nurse Specialist
- Oncology Specialist Registrars
- Surgical Registrars

Where is the clinic held?

- The Testicular Clinic is held on a Friday morning in the Bristol Haematology and Oncology Centre Outpatients Department.

What happens at my first appointment?

- During your first meeting with the team you will have an opportunity to discuss the diagnosis and the best treatment options for you based on the information we have available.

- We will ask you about your medical history, current medication, fitness, social life, occupation, alcohol, smoking and recreational intake, sexual function and current relationships. If one of your options is chemotherapy you will have an opportunity to discuss fertility and sperm storage. You will usually be asked to have a blood test and sometimes an X-ray at the outpatient appointment. The team are actively involved in a number of research projects and these may be discussed with you.

- Sue Brand - Germ Cell Clinical Nurse Specialist endeavours to be available at these appointments to offer advice, support and help coordinate aspects of your care. If she is not available a member of the team will provide you with her contact details.

We are aware that you may have to travel a long way to Bristol, so please use this time to tell us how you are feeling and if you or your family/friends have any anxieties.
Contact details

- **Sue Brand** - Germ Cell Clinical Nurse Specialist
  Tel: 0117 342 3472 or 0782 708 2328
  Sue.Brand@UHBristol.nhs.uk
  Available: 8:00am - 4:00pm, Tuesday, Thursday and Friday

- **Toni-Marie Harvey** – BTCS MDT Co-ordinator
  Tel: 0117 342 0618

- **BTCS secretary**
  Tel: 0117 342 2418

Other useful numbers

- **CT appointments**
  Tel: 0117 342 3556

- **Testicular Cancer Clinic**
  Tel: 0117 342 3420 (Friday Mornings)

Other useful information

- **Patient Information Centre**
  Bristol Haematology Oncology Centre
  Horfield Road
  BS2 8ED
  Tel: 0117 342 3369

  **Opening times**
  Monday - Thursday: 9:00am - 5:00pm
  Friday: 9:00am - 4:30pm

- **Patient Advice and Liaison Service (PALS)**
  University Hospitals Bristol NHS Foundation Trust
  Tel: 0117 342 3571

  PALS will be able to offer you information on local accommodation of varying costs or parking. Information can also be found on the website: [www.uhbristol.nhs.uk](http://www.uhbristol.nhs.uk)

- **Macmillan Financial Helpline**
  Cancer line telephone: 0808 808 2020
  www.macmillan.org.uk

  For help and advice regarding your finances and entitlements telephone: 0808 801 0304

Websites

- [www.uhbristol.nhs.uk/itsinthebag](http://www.uhbristol.nhs.uk/itsinthebag)
- [www.cancerhelp.org.uk/type/testicular-cancer](http://www.cancerhelp.org.uk/type/testicular-cancer)
- [www.checkemlads.co.uk](http://www.checkemlads.co.uk)
- [www.TC-cancer.com](http://www.TC-cancer.com)